

Definitions:

Pasteurized milk –

Homogenized milk –

Fortified milk –

Aseptic (Ultra-pasteurization) milk –

Raw milk –

Whole milk –

Skim milk –

Two percent milk -

One percent milk -

Buttermilk -

Chocolate milk -

Evaporated milk -

Sweetened condensed milk -

Eggnog -

Dry whole milk -

Nonfat dry milk -

1. What is milk?
2. Why is milk called the most near perfect food?
3. When shopping for milk, what do you look for on the container?
4. How do you store and care for milk products?

5. The three grades of milk are _____, _____, and _____. The grades tell us the milk is _____.
6. The two uses for milk are: a) _____
b) _____
7. When cooking with milk, always remember to _____ and _____. These two things will help to prevent:
a)
b)
c)
d)
8. Milk can be **substituted** in the diet by other forms of milk products at an extra added cost and extra calories which include:
a)
b)
c)
d)
9. What are some ways one can stretch their milk dollar?
a)
b)
c)
d)
10. What are some ways to reduce the fat content in recipes that call for milk products?
11. The date on the milk carton indicates that the milk should stay fresh for _____ days past that date.
12. The secret to making a smooth white sauce is _____.
13. By varying the thickness, the white sauce can be used for a variety of things for example:

thin:
medium:
thick:
14. What is the recipe for a 1 cup medium white sauce? How is it varied to make a thin and a thick?

Medium

Thin

Thick